

The Cook left the Cat in charge of protecting his food from mice. Upon his return, the Cook discovered the Cat eating the food. Instead of intervening, the Cook yelled and yelled while the Cat finished off all the food.

-- Adapted from "The Cat and the Cook," by Ivan Krylov

Prevention Takes Action

Protect yourself and your family from getting — or spreading — the flu by following these easy steps:

Wash your hands often
Cough or sneeze into your arm or sleeve, not your hands
Get a flu shot

For more information on how to protect against influenza, visit
www.vdh.virginia.gov/pandemicflu.